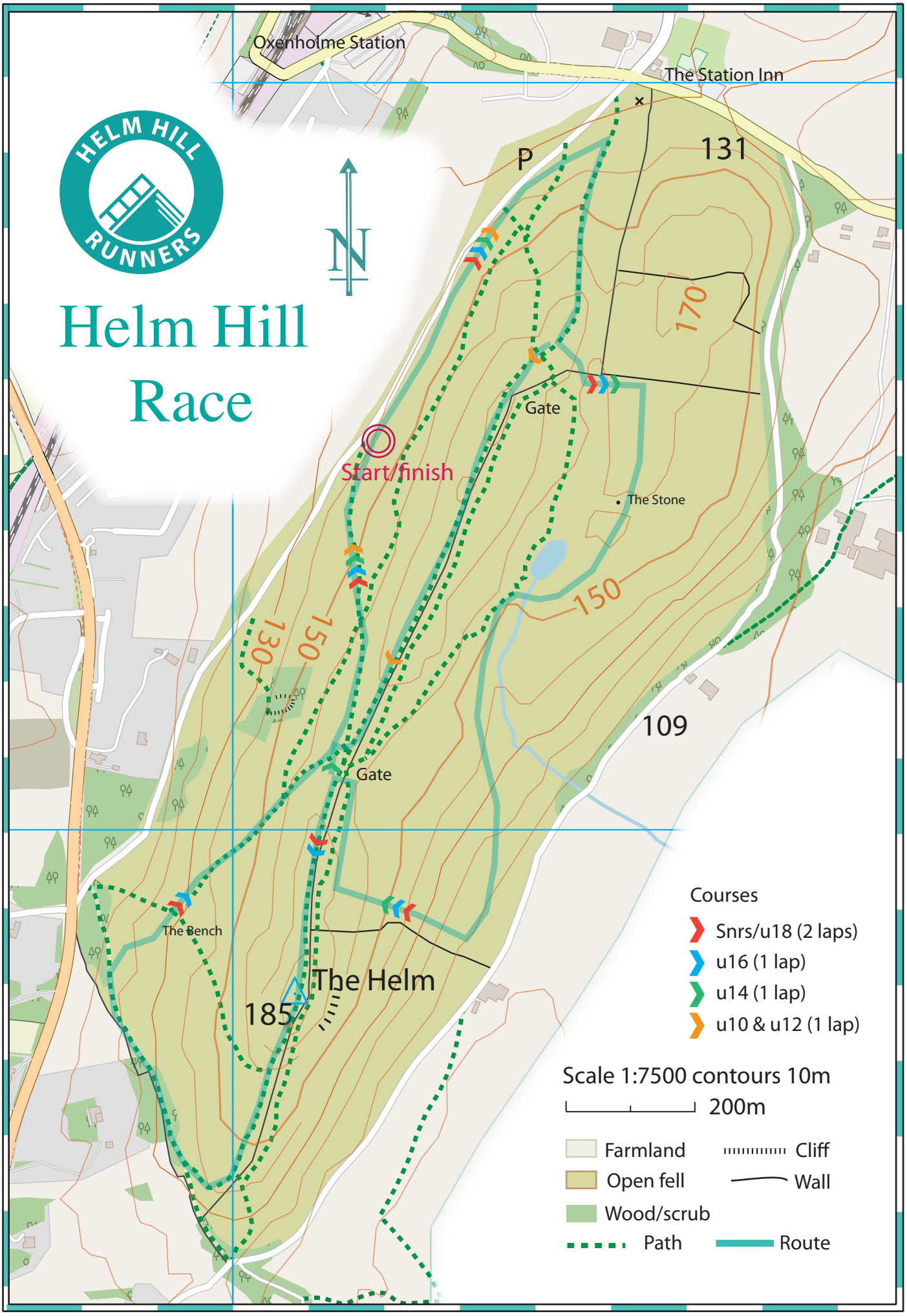

HELM HILL RUNNERS
Helm Hill Race
Oxenholme Station
The Station Inn
P
131
170
Gate
Start/finish
The Stone
150
130
150
109
Gate
The Bench
The Helm
185
Courses
Snrs/u18 (2 laps)
u16 (1 lap)
u14 (1 lap)
u10 & u12 (1 lap)
Scale 1:7500 contours 10m
200m
Farmland
Cliff
Open fell
Wall
Wood/scrub
Path
Route